

How to find out more about starting your own group?



Simply call or email the Involvement Team – their contact details can be found below. They will put you in touch with your local Group Development Officer who will provide you with further information and guidance and remain your main point of contact in helping you establish and develop your group.

“I had really felt alone and isolated, so going to a group was a big step and I really didn’t think it would be my thing. But they were so friendly and welcoming it made it much easier. Listening to others gave me the confidence to feel safe and talk about how I was feeling and nobody even flinched, I actually felt normal again.” **Helen, Group Member**

Starting a Peer Support Group



Leading the way to a better quality of life for everyone severely affected by mental illness.

For further information on Rethink Mental Illness
Phone 0121 522 7007
Email info@rethink.org

- facebook.com/rethinkcharity
- twitter.com/rethink_
- www.rethink.org

Contact us
The Involvement Team
(Taunton office)
Phone: 01823 365308
Email: groups@rethink.org



Rethink Mental Illness is the charity that improves the lives of people affected by mental illness. It does this through local groups and services, expert information and training, and successful campaigning. People with experience of mental illness are at the heart of everything we do, either directly or as a carer.

Why start a group?

Groups provide empathy, acceptance and reassurance from people who have been through similar experiences to you. They provide a listening ear, friendship and social support that makes coping with life's challenges that bit easier.

Information shared and knowledge gained in the group empowers members, builds self-confidence and enables people to become more engaged in issues such as care and treatment.



“It is great to be part of a group of people who understand what it is like to have a relative with mental health problems. They support me and don't think the things I am going through are strange. Wouldn't you like that kind of support?” Polly, Carer

Groups vary in how often they meet, how long they meet for and what they do. Some meet for information, mutual support and to share experiences, while others offer activities such as art, music, sport and leisure pursuits. Group members decide for themselves what their group will do.

What can we offer?

The Rethink Mental Illness Involvement Team will offer you advice and support in starting a group and will work closely with you to get your group established. This includes developing aims and objectives to ensure you have a safe, supportive and sustainable group.

“I find running the group very fulfilling and it has improved my confidence. Rethink Mental Illness have been very supportive and I find that using the Rethink name helps with recognition. I thought getting guest speakers to attend the group would be difficult but I found I was pushing at an open door” Tom, Group Coordinator

By becoming a Rethink Mental Illness Group Coordinator, you will also be able to take advantage of the following benefits:

- Ongoing support from a dedicated Group Development Officer for your region
- Public Liability Insurance to cover group meetings and activities
- Potential support with initial start-up costs for your group
- A mobile phone and Rethink Mental Illness email address to help you manage incoming enquiries about the group and keep your personal contact details private
- Help with fundraising and campaigning
- Branded promotional material to advertise your group and support on promoting the group more widely
- Access to Rethink Mental Illness e-learning resources
- A monthly newsletter to keep you informed of what other groups are doing and provide updates from Rethink Mental Illness
- Invitations to local events for groups to share ideas, mutual support and increase their social networks.

